

## How to Prepare a Bottle of Infant Formula from Powder

1. Wash your hands, and clean the bottle, nipple, and all utensils with hot soapy water. Use clean brushes to scrub inside and outside of bottles and nipples. Rinse thoroughly.
  2. Place bottle, nipple, and utensils in a pan of water and bring to a boil.\* Make sure all items are completely covered with water. Boil for 5 minutes.
  3. Place the water that is to be mixed with formula into a pan and bring to a roiling boil. Boil 1 to 2 minutes. Remove the water from the heat and let it cool to room temperature (75°F) or below.
- ### 4. MIX FORMULA ACCORDING TO MANUFACTURER'S INSTRUCTIONS ON CONTAINER!

**\*A DISHWASHER MAY BE USED TO STERILIZE IN PLACE OF BOILING WATER.**

5. Put a clean, sterilized nipple and cover on the bottle (with nipple facing into the bottle) and shake gently until contents are well-mixed. Place a cap on nipple if not using immediately and refrigerate. Do not leave at room temperature. Use within 24 hours.
6. Before offering your baby the formula, **TEST THE TEMPERATURE!** To cool, hold the bottle under running tap water or place in a container of cold water.
7. After feeding, throw out any leftover formula in the bottle or any formula that has been at room temperature for 1 hour or more.

**Powdered infant formulas are NOT sterile!  
Proper hygiene, sterilization, dilution, and storage are important when preparing bottles of infant formula.**

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## Bottlefeeding Basics





# Tips on Feeding Breastmilk or Formula With a Bottle:

Carefully follow instructions to protect your baby's health!

- **Breastmilk is the best form of nutrition for infants**
- DO NOT use a microwave to warm water, or reheat breastmilk or formula. It can create hot spots that will burn your baby
- After feedings, DO NOT refrigerate leftover breastmilk or formula. Discard any breastmilk or formula not used within one hour.
- Bottled water is NOT sterile. Boil it before using to mix formula
- Boiled water should reach room temperature approximately 30 minutes after boiling
- Adding too much or too little powder formula to the water can make your baby sick.
- **Always hold your baby during feedings.** Do NOT prop the bottle because 1) Liquid can accidentally flow into the lungs and cause choking, 2) Fluid can enter the middle ear and cause ear infections, 3) Your baby may overfeed, 4) Human contact that helps your baby feel loved and secure

- **Do NOT put cereal or other foods in a bottle.** This can 1) increase the risk of choking, 2) teach your child to eat solids incorrectly, and 3) replace the needed amounts of breastmilk or formula that your baby receives with foods that are less nutritious.
- **Do NOT give a bottle while your baby is lying down** (for naps or bedtime) or while in a car seat, stroller, swing, carrier, or walker. In addition to the risk of choking, this can lead to dental problems
- **Do NOT force a bottle.** Follow your baby's lead on when to feed, how long to feed, and how much to feed. Not all babies are able to follow a rigid schedule. **Never force an infant to finish what is in the bottle! Infants are the best judge of how much they need**
- **Do NOT let your child walk around with a bottle or use a bottle as a pacifier.** This can cause tooth decay — even in teeth that have not yet pushed through the gums.

## Breastfeeding is the preferred form of infant nutrition.

There may times when WIC provides formula to babies who are not able to breastfeed or to supplement partially breastfeeding infants.

The South Dakota WIC Program Provides:

- Enfamil PREMIUM Infant (milk based)
- Enfamil ProSobee LIPIL (soy based)

**Any formula that is not listed above is considered NON-CONTRACT formula.**

To receive a non-contract formula, you must have:

- Written request (Medical Documentation) from a doctor stating what formula is needed and the reason for it
- Approval by a Department of Health Registered Dietitian.

Most non-contract formulas can be purchased with WIC checks at a WIC retailer. — The Local WIC Agency will assist you.